WHAT IS CLAIMED IS:

1. A method for adjusting a brightness of a liquid crystal display screen of a system, the method comprising:

determining whether there are user signal inputs;

switching the system into an IDLE mode if there are no user signal inputs;

determining central processing unit usage when in the IDLE mode; and

adjusting the brightness of the liquid crystal display screen when in the IDLE mode based on central processing unit usage.

2. The method according to claim 1, wherein central processor unit usage comprises determining a content of a registry of an operating system of the system.

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3. The method according to claim 2, wherein the registry comprises HKEY_DYN_DATA\PerfStats\StatData.

4. The method of claim 1, wherein the determining central processor unit usage step comprises retrieving a keyword from an operating system that appears when a video file is read by the system.

5. The method according to claim 1, wherein the determining central processor unit usage step comprises measuring a central processor usage amount, and reducing the brightness of the liquid crystal display screen if the central processor usage amount is below a threshold value.

6. The method according to claim 1, wherein the determining central processor unit usage step comprises determining whether the liquid crystal display screen is displaying a movie.

7. The method according to claim 6, wherein the determining whether the display screen is displaying a movie step comprises determining whether a memory device connected to the central processing unit is operating.

8. The method according to claim 7, wherein the memory device comprises a hard disk.

9. The method according to claim 7, wherein the memory device comprises a CD-ROM.

10. The method according to claim 7, wherein the memory device comprises a DVD.

11. The method according to claim 6, wherein the brightness of the liquid crystal display screen is reduced if the liquid crystal display screen is not displaying a movie.

12. The method according to claim 6, wherein the brightness of the liquid crystal display screen is maintained if the liquid crystal display screen is displaying a movie.

13. A method for reducing electrical power consumed by a central processing unit controlled display screen, the method comprising:

determining central processing unit activity; and

dimming a brightness of the display screen when the central processing unit activity falls below a minimum threshold.

14. A computer-readable medium having stored thereon a sequence of instructions which, when executed by a processor, cause the processor to perform the steps of:

monitoring a system for certain display related processes;

maintaining the brightness of a display if the certain display related processes are running; and

reducing the brightness of a display if the certain display related processes are not running.

15. The computer readable medium of claim 14, wherein the system is a computer.

16. The computer readable medium of claim 14, wherein the display is a liquid crystal display screen.

17. The computer readable medium of claim 14, further comprising:

monitoring for user input signals.

18. The computer readable medium of claim 14, further comprising:

determining whether the system is powered by an internal power source.

19. The computer-readable medium of claim 14, wherein the monitoring step comprises determining a central processor unit usage amount, and comparing said central processor unit usage amount against a reference amount.

20. The computer-readable medium of claim 19, wherein the reference amount is controllably variable.

21. The computer-readable medium of claim 19, wherein determining a central processor unit usage amount comprises determining information contained in a registry.

22. The computer-readable medium of claim 21, wherein the registry comprises HKEY_DYN_DATA\PerfStats\StatData.

23. The computer-readable medium of claim 14, wherein the monitoring step comprises determining whether a video process related keyword is contained in the currently operating process.

24. The computer-readable medium of claim 14, wherein the monitoring step comprises determining whether a video process related device is in use.

25. The computer-readable medium of claim 24, wherein the video process related device comprises a readable-and-writeable memory device.

26. The computer-readable medium of claim 24, wherein the video process related device comprises a read-only memory device.

27. The computer-readable medium of claim 25, wherein the read-only memory device comprises a CD-ROM.

28. The computer-readable medium of claim 25,wherein the read-only memory device comprises a DVD.

29. The computer-readable medium of claim 24, wherein the video process related device comprises a modem.

30. The computer-readable medium of claim 14, wherein the monitoring step comprises determining a central processor unit usage amount and comparing said central processor unit usage amount against a reference amount, determining whether a video process related keyword is contained in the currently operating process, and determining whether a video process related device is in use.

31. An apparatus for reducing electrical power consumed by a central processing unit controlled display screen the apparatus comprising:

means for determining central processor unit activity; and

means for dimming a brightness of the display screen when the central processing unit activity falls below a minimum threshold.

32. An apparatus for reducing the brightness of a display screen in a system in the absence of certain display related processes, the apparatus comprising:

means for monitoring a system for certain display related processes;

means for maintaining the brightness of a display if certain display related processes are running; and

means for reducing the brightness of a display if certain display related processes are not running.

33. A method for adjusting a brightness of a display screen of a system, the method comprising:

monitoring the system for display related processes;

maintaining the brightness of a display if display related processes are running; and

reducing the brightness of a display if display related processes are not running.

34. The method according to claim 33, wherein the system is a computer.

35. The method according to claim 33, wherein the display is a liquid crystal display screen.

36. The method according to claim 33, further comprising:

monitoring for user input signals.

37. The method according to claim 33, further comprising:

determining whether the system is powered by an internal power source.

38. The method according to claim 33, wherein the monitoring step comprises determining a central processor unit usage amount, and comparing said central processor unit usage amount against a reference amount.

39. The method according to claim 38, wherein the reference amount is controllably variable.

40. The method according to claim 38, wherein determining a central processor unit usage amount comprises determining information contained in a registry.

41. The method according to claim 40, wherein the registry comprises HKEY_DYN_DATA\PerfStats\StatData.

42. The method according to claim 33, wherein the monitoring step comprises determining whether a video process related keyword is contained in the currently operating process.

43. The method according to claim 33, wherein the monitoring step comprises determining whether a video process related device is in use.

44. The method according to claim 43, wherein the video process related device comprises a readable-and-writeable memory device.

45. The method according to claim 43, wherein the video process related device comprises a read-only memory device.

46. The method according to claim 45, wherein the read-only memory device comprises a CD-ROM.

47. The method according to claim45, wherein the read-only memory device comprises a DVD.

48. The method according to claim 43, wherein the video process related device comprises a modem.

49. The computer-readable medium of claim 33, wherein the monitoring step comprises determining a central processor unit usage amount and comparing said central processor unit usage amount against a reference amount, determining whether a video process related keyword is contained in the currently operating process, and determining whether a video process related device is in use.